WHAT IS CLAIMED IS:

1	1. A method for providing independent message notification to a message
2	recipient at the request of the sender, comprising the steps of:
3	receiving in a communications network the message from the sender;
4	determining whether the sender requested that the message recipient receive
5	independent notification of the message; and if so, then
6	establishing an identifier for the recipient; and
7	launching an independent notification to the message recipient identified by the
8	identifier.
1	2. The method according to claim 1 wherein the independent notification
2	includes a telephone call to the recipient.
1	3. The method according to claim 2 wherein the telephone call is routed to
2	one of a telephone set, a pager and facsimile machine associated with the message
3	recipient.
1	4. The method according to claim 1 wherein the message launched by the
2	sender comprises an e-mail message.
1	5. The method according to claim 4 wherein the network determines whether
2	the sender requested independent notification by examining a recipient notification
3	header in the e-mail message that will have a predetermined designation when the sender
4	has requested independent notification.
1	6. The method according to claim 5 wherein the network establishes an
2	identifier for the recipient by examining a recipient notification identifier header in the e-
3	mail message to determine if the sender has populated the recipient notification identifier
4	header with information identifying the recipient.

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1	7. The method according to claim 6 wherein the network establishes an	l
2	identifier for the recipient by querying a database in accordance with a message add	lress
3	for the recipient.	

- 8. A method for providing voice notification to a message recipient at the request of the sender to alert the recipient of an incoming message, comprising the steps of:
 - receiving in a communications network the message from the sender;
- determining whether the sender requested that the message recipient receive voice notification of the message; and if so, then
 - establishing an identifier for the recipient; and
 - launching a voice telephone call to the message recipient identified by the identifier.
 - 9. The method according to claim 8 wherein the message launched by the sender comprises an e-mail message.
 - 10. The method according to claim 9 wherein the network determines whether the sender requested voice notification by examining a recipient notification header in the e-mail message that will have a predetermined designation when the sender has requested voice notification.
- 1 11. The method according to claim 10 wherein the network establishes an
 identifier for the recipient by examining a recipient notification identifier header in the email message to determine if the sender has populated the recipient notification identifier
 header with information identifying the recipient.
- 1 12. The method according to claim 11 wherein the identifier comprises a telephone number.

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- 1 13. The method according to claim 10 wherein the network establishes an
- 2 identifier for the recipient by querying a database in accordance with a message address
- 3 for the recipient.
- 1 14. The method according to claim 13 wherein the identifier comprises a
- 2 telephone number.